



# Are You Ready to be a *Mom* or *Dad*?



## Are you ready to be a *mom*?

If your answer is **NO**:

- Have you asked your doctor about different birth control methods available to you?
- Have you talked to your partner about which birth control method is best for you?
- Are you using birth control?

## Are you ready to be a *dad*?

If your answer is **NO**:

- Have you talked to your partner about which birth control method is best to use?
- Are you using a condom every time you have sex?

### If you are not doing one of these things above, then get ready to:

1. Change your lifestyle.
2. Raise a child alone if your partner leaves you.
3. Support your baby even if your baby doesn't live with you.
4. Work 2 or 3 jobs to support your baby.
5. Lose sleep to care for your baby.
6. Drop out of school or delay your plans, life goals and dreams.
7. Spend less time hanging out with your friends.
8. Give up your freedom to stay home all the time.

If you are not ready for any of these things, it's OKAY not to have sex.

But if you do have sex, get informed about birth control and use it!

Think about it. The choice is yours.

### Things to Remember:

1. A girl can get pregnant during her period.
2. A girl can get pregnant even if it's her first time having sex.
3. A girl can get pregnant if she has sex standing up or in any other position.
4. You are more likely to use birth control if you plan ahead.
5. If you do not use birth control, you have a 90% chance of getting pregnant.
6. Withdrawal or taking the penis out of the vagina just before ejaculation (coming) **DOES NOT** work.
7. It only takes one drop of semen to get pregnant.
8. No birth control method will give you complete protection against STDs and HIV/AIDs.
9. Relationships change when you start having sex.
10. Most sexually active teens wish they had waited longer.
11. Sexual activity does not prove your masculinity.
12. You get respect for doing what's right for you.
13. The only **100%** effective way not to become a mom or dad is not to have sex.

# Birth Control Options







*Choose a Birth Control that is Right for You!*

The chart below has basic information about the most common birth control methods available to prevent pregnancy. This information will help you choose the right method that is best for you based on your lifestyle, health status, religious beliefs, sexual relationships, and patterns in your sex life. The best method of birth control is the one you and your partner trust and feel most comfortable using. Take the time to talk with your doctor about the advantages and disadvantages of each birth control method, and then decide with your partner which is the best birth control method. Keep in mind that you can always change your mind because your needs may change throughout your life.

If you do not have Medi-Cal or private insurance, you can still receive family planning services through the Family PACT Program at a low cost. The Family PACT Program offers family planning services such as:

- Birth control
- Pregnancy testing and counseling
- Testing and counseling for sexually transmitted diseases (STDs)
- Testing & treatment for HIV/AIDS

Call **1-800-942-1054** to get information and a referral to family planning services through **The Family PACT Program**. The Family PACT Program is provided by the California Office of Family Planning.

Method	What is it?	How does this prevent pregnancy?	How effective is this?	Advantages (good points)	Disadvantages (bad points)	Where can I get this?	Cost \$
 Pill	Artificial hormone	Stops ovaries from releasing an egg each month	97% to 99.9% effective	<ul style="list-style-type: none"> <li>• Comfortable, easy to use</li> <li>• Improves acne</li> <li>• Doesn't interfere with sex</li> <li>• Promotes regular periods, lighter bleeding</li> <li>• Protects against some types of cancer &amp; pelvic inflammatory disease (PID)</li> </ul>	<ul style="list-style-type: none"> <li>• Must take daily</li> <li>• Possible side effects: nausea, headaches, breast tenderness</li> <li>• Doesn't protect against STDs or HIV/AIDS</li> <li>• Women who smoke or have heart problems cannot use</li> </ul>	Need prescription from doctor	No cost for Medi-Cal
 Injection (Depo-provera)	Artificial hormone	Stops ovaries from releasing an egg each month	97% effective	<ul style="list-style-type: none"> <li>• Only have to get every 3 mo.</li> <li>• Doesn't interfere with sex</li> <li>• Can be used by women who cannot take the pill</li> <li>• Protects against certain types of cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Possible side effects: irregular periods, fatigue, headaches</li> <li>• Doesn't protect against STDs or HIV/AIDS</li> </ul>	Doctor must give injection	No cost for Medi-Cal
 Condom	Rubber that goes over an erect (hard) penis	Rubber catches sperm when the man "comes"	<ul style="list-style-type: none"> <li>• 88% to 92% effective</li> <li>• Latex brand rubbers are most effective</li> <li>• Protects more if used with spermicide (Nonoxynol 9)</li> </ul>	<ul style="list-style-type: none"> <li>• Easy to use &amp; carry</li> <li>• Protects against STDs &amp; HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>• Must put on erect penis before penis enters vagina</li> <li>• May cause allergies to penis or vagina</li> <li>• Less sensation</li> <li>• Slight risk of breakage</li> </ul>	<ul style="list-style-type: none"> <li>• STD clinics</li> <li>• Family planning clinic</li> <li>• County Dept. of Health</li> <li>• Drug stores</li> <li>• Supermarkets</li> <li>• Convenience stores</li> <li>• Vending machines</li> </ul>	No cost for Medi-Cal
 Intrauterine Device (IUD)	Small copper or hormone device goes into uterus "womb"	Keeps sperm from joining the egg	97% to 99.2% effective	<ul style="list-style-type: none"> <li>• Copper devices good up to 10 years</li> <li>• Hormone device good up to 1 year</li> <li>• Doesn't interfere with sex</li> </ul>	<ul style="list-style-type: none"> <li>• Possible heavy bleeding</li> <li>• Rarely, scars uterus "womb"</li> <li>• Risk of infection</li> <li>• Doesn't protect against STDs or HIV/AIDS</li> </ul>	Doctor will insert & remove IUD	No cost for Medi-Cal
 Spermicide	<ul style="list-style-type: none"> <li>• Chemical</li> <li>• Types: foam, jellies, creams, suppository, film</li> </ul>	Kills sperm before it enters uterus "womb"	79% to 94% effective	<ul style="list-style-type: none"> <li>• Protects better if used with condom or cervical cap</li> <li>• Easy to use &amp; carry</li> <li>• Used only when needed</li> <li>• Protects against some STDs</li> <li>• No dangerous side effects</li> </ul>	<ul style="list-style-type: none"> <li>• May irritate skin</li> <li>• Must apply no more than 10 minutes before erect penis enters vagina</li> <li>• Doesn't protect against HIV/AIDS</li> </ul>	Buy in drugstore	No cost for Medi-Cal
 Norplant	6 small capsules with hormone under skin of upper arm	Stops ovaries from releasing an egg each month	99.6% effective	<ul style="list-style-type: none"> <li>• Every 5 years</li> <li>• Can be removed anytime</li> <li>• Can get pregnant soon after capsules are removed</li> <li>• Stays in place</li> <li>• Doesn't interfere with sex</li> </ul>	<ul style="list-style-type: none"> <li>• Doesn't protect against STDs or HIV/AIDS</li> <li>• Possible side effects: headaches, depression, and weight gain</li> <li>• Some irregular bleeding</li> <li>• Minor medical procedure needed to put in or take out</li> </ul>	Doctor will insert & remove capsules	No cost for Medi-Cal

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**References** HealthyLife Women's Self-Care Guide, American Institute for Preventive Medicine, 1998, p. 70-73. 4<sup>th</sup> Edition. Protocols for Nurse Practitioners in Gynecologic Settings Book, 1993, p. 13, 28, 29, 32, 38, 42, 53, 55, 58. 4<sup>th</sup> Edition